

Orange: Carrots

A medium carrot provides 220% of the daily vitamin A requirement in the form of beta-carotene. This antioxidant has a beneficial effect on eye and skin health and may decrease the risk of certain cancers.



ASIAN CHICKEN AND NOODLES

Ingredients:

- 8 oz. angel hair pasta
- 1 tablespoon vegetable oil
- 1/2 lb. boneless, skinless chicken breast halves, cut into thin slices
- 1 bag (16 ounces) fresh stir-fry vegetables
- 1/4 cup chicken broth or water
- 1/2 cup teriyaki baste and glaze (from 12 oz. bottle)
- 1 teaspoon dark sesame oil
- 1/4 teaspoon crushed red pepper

*You can find teriyaki baste and glaze in the condiments or Asian foods section.
It is different from the teriyaki sauce or marinade.*

Directions:

1. Cook noodles.
2. While noodles are cooking, heat vegetable oil over high heat. Add chicken; stir-fry 3-5 minutes or until no longer pink in center. Remove chicken from skillet.
3. Add veggies and broth to skillet. Heat to boiling. Cover and boil about 2 min. or until veggies are crisp, but tender.
4. Drain noodles. Mix teriyaki glaze, sesame oil and red pepper; stir into veggies. Stir in chicken. Heat to boiling. Serve chicken mixture over noodles.

1 cup of Asian Chicken (without noodles) provides 1 serving of vegetables